



ADAM HOLLAND

5K TIME: 14.11

CAT: TREADMILL-MSEN - CAT RANK: 1

TAVISTOCKAC



ROBERT ELLIS

5K TIME: 16.05

CAT: MSEN - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 80%



MIKO CAEDDU

5K TIME: 16.54

CAT: MSEN - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 75%



JAMES KELLY

5K TIME: 16.56

CAT: MSEN - CAT RANK: 3

EXMOUTH HARRIERS

AGE GRADED SCORE: 75%



MIKE MUSGROVE

5K TIME: 17.25

CAT: M50+ - CAT RANK: 1

EXMOUTH

AGE GRADED SCORE: 83%



OLIVER WHITE

5K TIME: 17.46

CAT: MSEN - CAT RANK: 4

EXMOUTH HARRIERS

AGE GRADED SCORE: 72%



RUSSELL FORSBROOK

5K TIME: 17.49

CAT: M40+ - CAT RANK: 1

CHELTENHAM & COUNTY HARRIERS

AGE GRADED SCORE: 77%



KYSON CHUGG

5K TIME: 17.55

CAT: MSEN - CAT RANK: 5

AGE GRADED SCORE: 71%



NICK CASEY

5K TIME: 18.04

CAT: M50+ - CAT RANK: 2

CREDITON RUNNING NETWORK

AGE GRADED SCORE: 80%



AMY JONES

5K TIME: 18.14

CAT: F40+ - CAT RANK: 1

SWRR

AGE GRADED SCORE: 82%



CHRIS MURPHY

5K TIME: 18.32

CAT: MSEN - CAT RANK: 6

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 69%



JASON HOCKRIDGE

5K TIME: 18.37

CAT: M40+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 72%



LANGDON WILLIAMS

5K TIME: 18.40

CAT: M50+ - CAT RANK: 3

EXMOUTH HARRIERS

AGE GRADED SCORE: 79%



PAUL STIDWORTHY

5K TIME: 18.48

CAT: M35+ - CAT RANK: 1

SWRR

AGE GRADED SCORE: 70%



VICTORIA HILL

5K TIME: 18.54

CAT: TREADMILL-F35+- CAT RANK: 1

SWRR



EMMA STEPTO

5K TIME: 19.00

CAT: F50+ - CAT RANK: 1

CORNWALL AC

AGE GRADED SCORE: 88%



CHLOE OLFORD

5K TIME: 19.16

CAT: FU20 - CAT RANK: 1

NEWTON ABBOT

AGE GRADED SCORE: 76%



BRIAN SANSON

5K TIME: 19.22

CAT: M55+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 78%



LUCA CAEDDU

5K TIME: 19.29

CAT: M35+ - CAT RANK: 2

AGE GRADED SCORE: 67%



KATIE COULT

5K TIME: 19.44

CAT: F35+ - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 74%



ADAM ROOKE

5K TIME: 19.45

CAT: M40+ - CAT RANK: 3

HONITON RUNNING CLUB

AGE GRADED SCORE: 69%



ADAM ROOKE

5K TIME: 20.12

CAT: M40+ - CAT RANK: 4

HONITON RUNNING CLUB

AGE GRADED SCORE: 68%



THOM BATES

5K TIME: 20.23

CAT: M35+ - CAT RANK: 3

CLIMB SOUTH WEST

AGE GRADED SCORE: 63%



JOHN CRAYFORD

5K TIME: 20.30

CAT: M45+ - CAT RANK: 1

HORSHAM JOGGERS

AGE GRADED SCORE: 69%



PAULA HAWKINS

5K TIME: 20.49

CAT: F40+ - CAT RANK: 2

EXMOUTH HARRIERS

AGE GRADED SCORE: 74%



MATTHEW OLCZAK

5K TIME: 21.06

CAT: M35+ - CAT RANK: 4

GREENBOW RUNNING CLUB

AGE GRADED SCORE: 63%



DYLAN TRAVERS

5K TIME: 21.13

CAT: MU17 - CAT RANK: 1

EXETER TRIATHLON CLUB

AGE GRADED SCORE: 69%



DES WHITE

5K TIME: 21.27

CAT: M65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 77%



RICHARD FLOWER

5K TIME: 21.31

CAT: M35+ - CAT RANK: 5

AGE GRADED SCORE: 62%



BEN TRAVERS

5K TIME: 21.39

CAT: M35+ - CAT RANK: 6

AGE GRADED SCORE: 61%



PAUL CARR

5K TIME: 22.00

CAT: M40+ - CAT RANK: 5

AGE GRADED SCORE: 61%



JENNY BEAY

5K TIME: 2201

CAT: F60+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 88%



ROB SWEET

(Pushing Buggy)

5K TIME: 22.34

CAT: M45+ - CAT RANK: 2

AGE GRADED SCORE: 61%



JULES PRING

5K TIME: 2240

CAT: F45+ - CAT RANK: 1

SWRR

AGE GRADED SCORE: 70%



STEVE MORGAN

5K TIME: 22.41

CAT: M60+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 71%



NICHOLAS POPE

5K TIME: 22.57

CAT: M45+ - CAT RANK: 3

AGE GRADED SCORE: 60%



DAVID NICHOLLS

5K TIME: 22.59

CAT: M35+ - CAT RANK: 7

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 56%



IAN CHILCOTT

5K TIME: 23.23

CAT: M50+ - CAT RANK: 4

TEAM H

AGE GRADED SCORE: 62%



IAN WELLMAY

5K TIME: 23.39

CAT: M45+ - CAT RANK: 4

SWRR

AGE GRADED SCORE: 59%



HANIA LEE

5K TIME: 23.53

CAT: F40+ - CAT RANK: 3

MAVERICK RUNNERS

AGE GRADED SCORE: 64%



CAROLINE TAIT

5K TIME: 24.18

CAT: F50+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 72%



TRACY CONNOR

5K TIME: 2420

CAT: F45+ - CAT RANK: 2

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 66%



MOIRA GLEN

5K TIME: 24.31

CAT: F55+ - CAT RANK: 1

N1

AGE GRADED SCORE: 75%



SHARON WELLS

5K TIME: 24.53

CAT: F50+ - CAT RANK: 3

HONITON RUNNING CLUB

AGE GRADED SCORE: 71%



PETER BUNYAN

5K TIME: 25.22

CAT: M65+ - CAT RANK: 2

SOUTH WEST VETS AC

AGE GRADED SCORE: 67%



ALISON WHITE

5K TIME: 25.25

CAT: F65+ - CAT RANK: 1

EXMOUTH HARRIERS

AGE GRADED SCORE: 81%



ROGER SAUNDERS

5K TIME: 25.36

CAT: M65+ - CAT RANK: 3

HONITON RUNNING CLUB

AGE GRADED SCORE: 65%



MARGARET JARVIS

5K TIME: 26.21

CAT: F65+ - CAT RANK: 2

OKEHAMPTON RC

AGE GRADED SCORE: 78%



JAN KIRKHAM

5K TIME: 26.22

CAT: F65+ - CAT RANK: 3

AGE GRADED SCORE: 78%



KELLY LAWSON

5K TIME: 26.29

CAT: F40+ - CAT RANK: 4

GREENBOW RUNNING CLUB

AGE GRADED SCORE: 58%



JAKE YOUNG

5K TIME: 27.10

CAT: MU17 - CAT RANK: 2

VALLEY STRIDERS

AGE GRADED SCORE: 64%



IAN RUSSELL

5K TIME: 27.17

CAT: M50+ - CAT RANK: 5

GREENBOW RUNNING CLUB

AGE GRADED SCORE: 53%



CLAIRE CHALK

5K TIME: 28.54

CAT: F50+ - CAT RANK: 4

SWRR

AGE GRADED SCORE: 59%



BETH MCGILL

5K TIME: 29.13

CAT: FSEN - CAT RANK: 1

AGE GRADED SCORE: 49%



NIAMH TOSH

5K TIME: 29.38

CAT: FU17 - CAT RANK: 1

SOUTH WEST ROAD RUNNERS

AGE GRADED SCORE: 55%



LYN WONNACOTT

5K TIME: 33.00

CAT: F60+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 59%



JAKE TOSH

5K TIME: 33.35

CAT: MU17 - CAT RANK: 3

AGE GRADED SCORE: 41%



GRAHAM ARKELL

5K TIME: 34.24

CAT: M55+ - CAT RANK: 2

AGE GRADED SCORE: 44%



MANDY LUCAS

5K TIME: 38.57

CAT: F55+ - CAT RANK: 2

WOMEN ON THE RUN

AGE GRADED SCORE: 46%



CAROL SENE

5K TIME: 39.55

CAT: F55+ - CAT RANK: 3

WOMEN ON THE RUN

AGE GRADED SCORE: 47%



HEATHER FITZSIMMONS

5K TIME: 53.43

CAT: F55+ - CAT RANK: 4

WOMEN ON THE RUN

AGE GRADED SCORE: 34%

